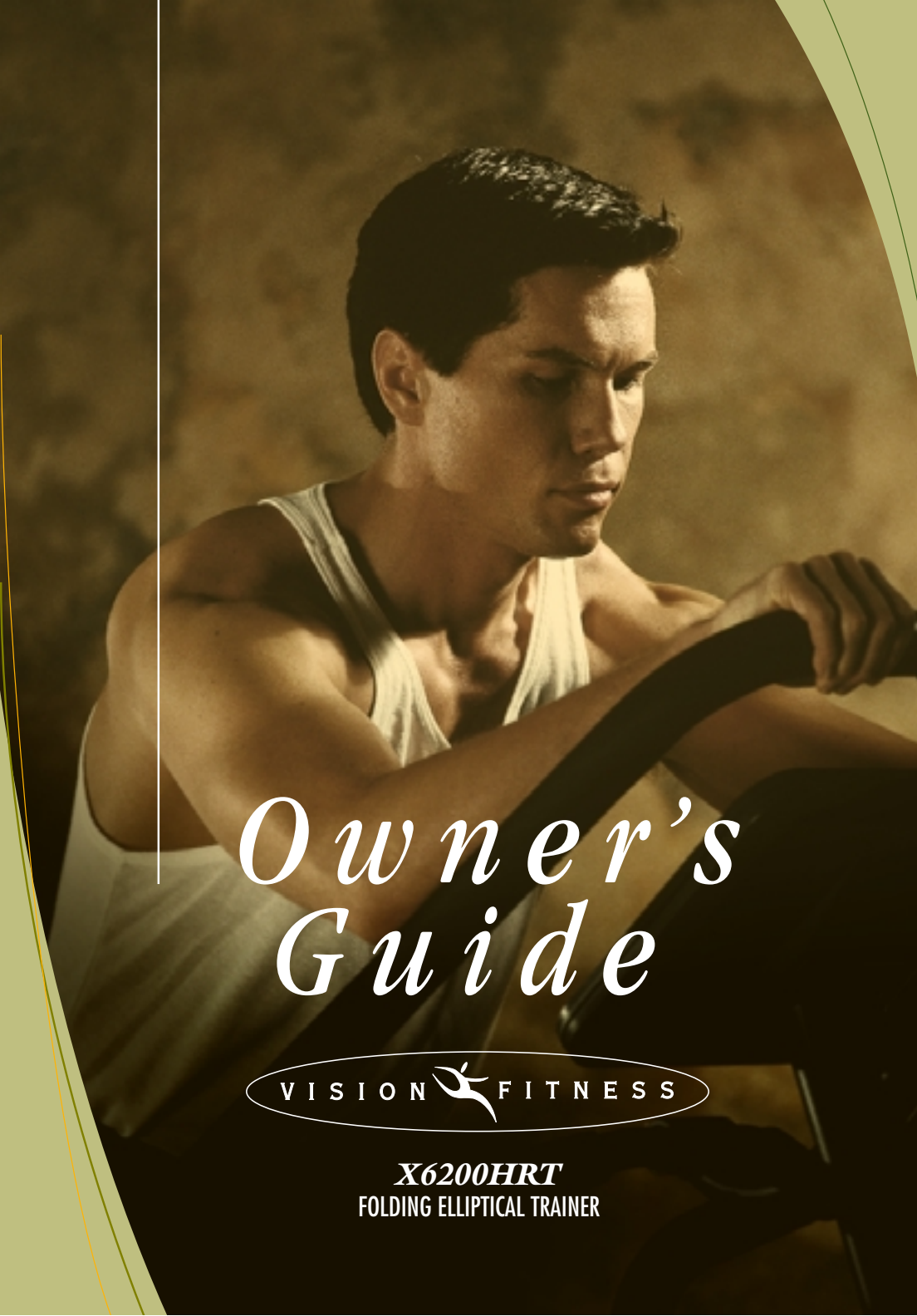

Owner's Guide

VISION FITNESS

X6200HRT

FOLDING ELLIPTICAL TRAINER

Congratulations on choosing a VISION FITNESS Elliptical Trainer. You've taken an important step in developing and sustaining an exercise program! Your Elliptical Trainer is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Elliptical Trainer can improve the quality of your life in so many ways…

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Elliptical Trainer will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Elliptical Trainer in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Elliptical Trainer will assist you in realizing your goal of a healthy lifestyle.

Some kinds of service to your Elliptical Trainer should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

VISION FITNESS
P.O. Box 280
500 South CP Avenue
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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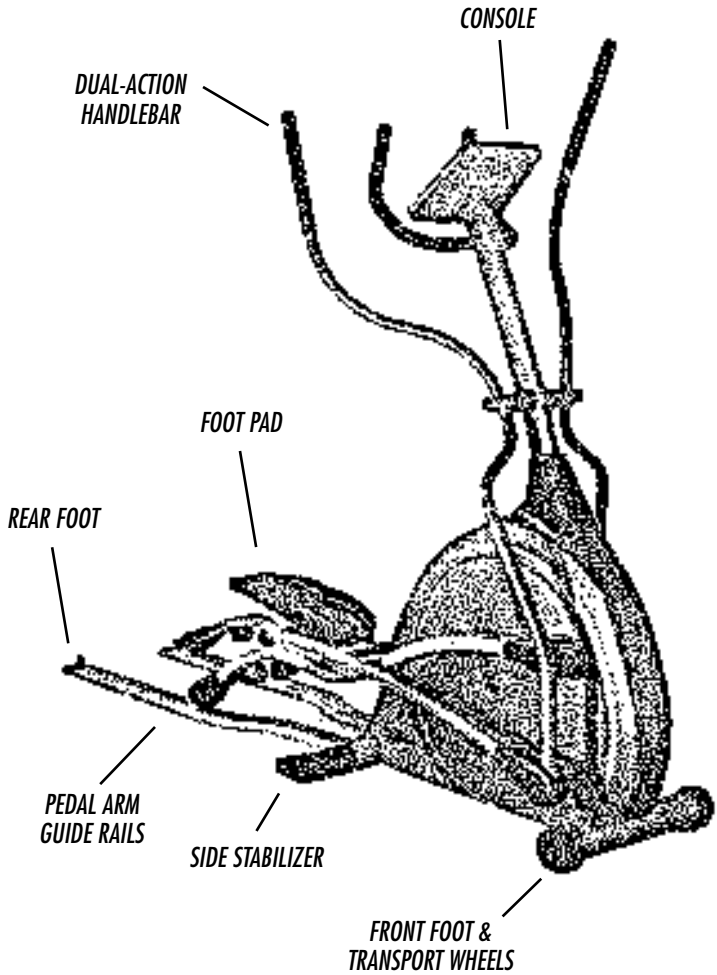


X6200HRT

FOLDING ELLIPTICAL TRAINER

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:
Read all instructions before using this exercise product.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Elliptical Trainer sidecovers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Elliptical Trainer if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Elliptical Trainer to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Only use the power cord provided with your VISION FITNESS Elliptical Trainer.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your Elliptical Trainer before moving it.

CHILDREN

- Keep children off your Elliptical Trainer at all times.
- When the Elliptical Trainer is in use, young children and pets should be kept at least 10 feet away.

OTHER SAFETY TIPS FOR YOUR VISION FITNESS ELLIPTICAL TRAINER

CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear loose clothing that might catch on any part of the elliptical trainer.
- Read this Owner's Guide before operating this Elliptical Trainer.
- Drink plenty of fluids during your workout.

CLEANING

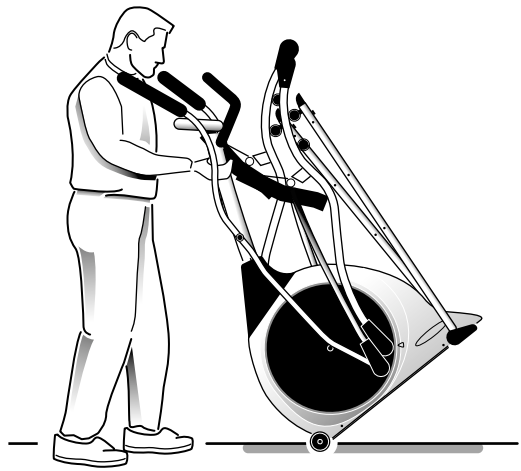
- Clean with soap and slightly damp cloth only; never use solvents.

ASSEMBLY

If you have elected to assemble this product yourself, for your safety please read and follow each of the steps in the enclosed assembly instructions. It is recommended, when possible, that assembly be performed by an authorized VISION FITNESS retailer. If you have any questions regarding any part or function of your Elliptical Trainer, contact your retailer.

MOVING

Your VISION FITNESS Elliptical Trainer has a pair of transport wheels built into the front of the frame. To move, firmly grasp the console mast handlebars and tilt and roll the Elliptical Trainer on the front wheels.



CAUTION: Our Elliptical Trainers are well-built and heavy, weighing up to 270 lbs.! Use care and additional help if necessary.

PLACEMENT IN YOUR HOME

It is important that you place your Elliptical Trainer in a comfortable and inviting room. Your Elliptical Trainer is designed to use minimal floor space. Many people will place their Elliptical Trainer facing the TV or a picture window. If at all possible, avoid putting your Elliptical Trainer in an unfinished basement. To make exercise a desirable daily activity for you, the Elliptical Trainer should be in an attractive setting.

LEVELING YOUR ELLIPTICAL TRAINER

If your Elliptical Trainer wobbles when you have placed it where you intend to use it, raise or lower the adjustable levelers located in several places on the underside of your Elliptical Trainer:
1) the rear ends of the pedal arm guide rails,
2) the side stabilizers, and
3) the front foot near the front transport wheels.
Once you have leveled the Elliptical Trainer, lock the levelers in place by tightening the winged lock nuts against the underside of your Elliptical Trainer.

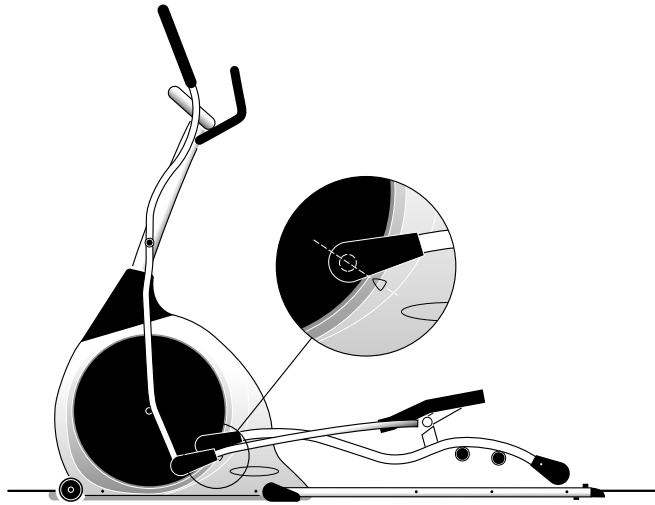
POWER SUPPLY

Your Elliptical Trainer uses a wall-mount external power supply. Use only the power supplied with your Elliptical Trainer. If you misplace this power supply, please contact your authorized VISION FITNESS retailer for an original replacement. Use of the wrong power supply may cause damage to your Elliptical Trainer.

FOLDING YOUR ELLIPTICAL TRAINER

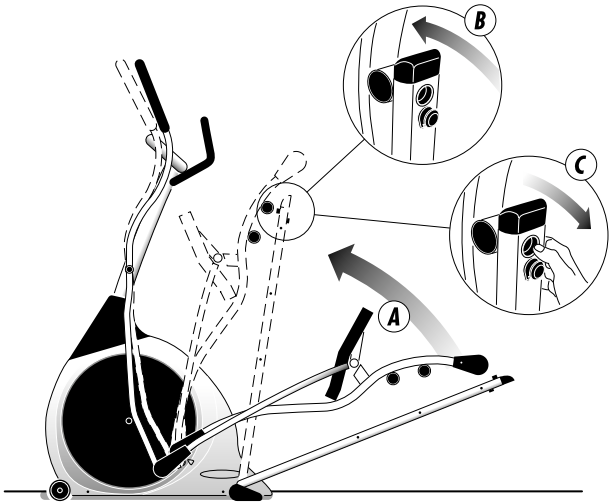
NOTE: It is important to always follow the correct order of steps when folding your Elliptical Trainer.

STEP 1: Locate the arrow on the side cover that points to the 4 o' clock position of the disk. Rotate the disk so that the arrow is pointing to the disk axle (the point where the disk and pedal arm connect.)



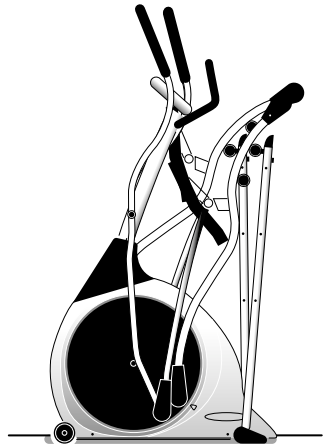
STEP 2: Simultaneously lift both the Pedal Arm and the Guide Rail upon which it is resting to the vertical position (A). The locking device, which is mounted on the Guide Rail, should now be aligned with the lock-receiving bracket on the backside of the Pedal Arm. Firmly push the Guide Rail until it clicks and locks into position (B). Check that it is secure before proceeding.

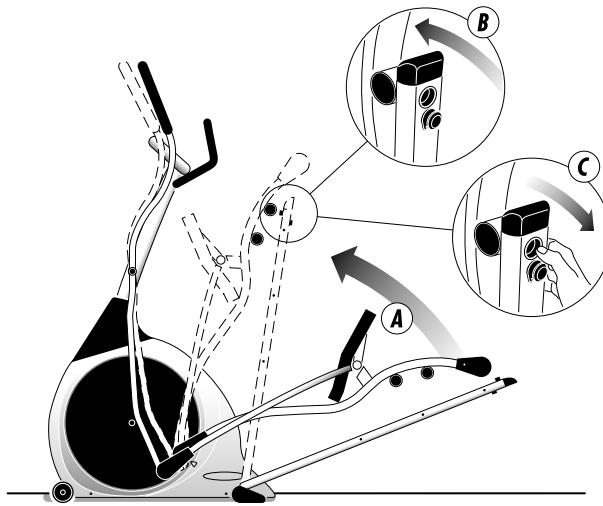
Repeat these steps with the other Pedal Arm and Guide Rail to completely fold your Elliptical Trainer for compact storage.



STEP 3: To unfold your Elliptical Trainer, push the recessed lock button found on the underside of one Guide Rail (C). Carefully lower both the Pedal Arm and Guide Rail to the floor simultaneously.

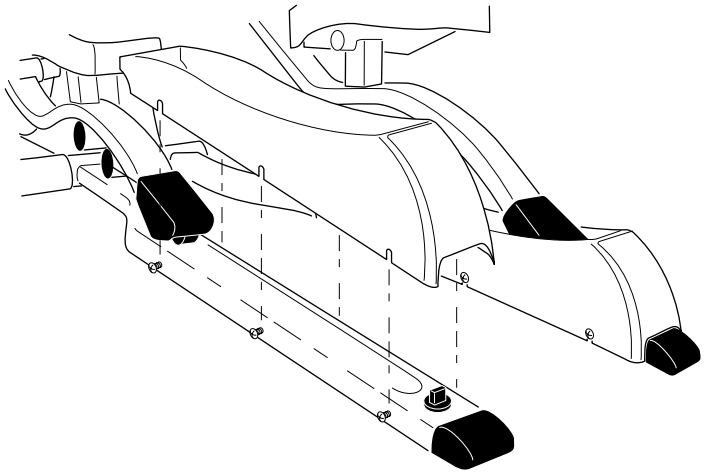
Repeat these steps with the other Pedal Arm and Guide Rail to completely unfold your Elliptical Trainer for use.





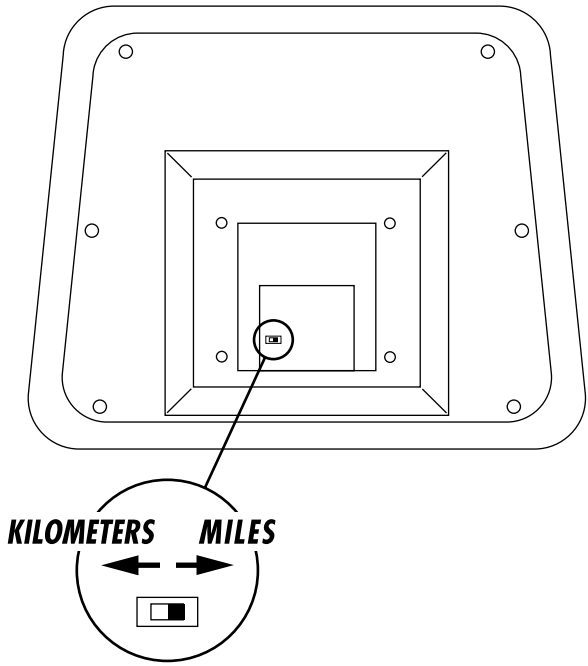
OPTIONAL CHILD SAFETY GUARDS

Always attach the child safety guards to the pedal arm guide rails if there are young children living in or ever visiting your house. Note that when these child safety guards are attached, the pedal arms cannot fold.



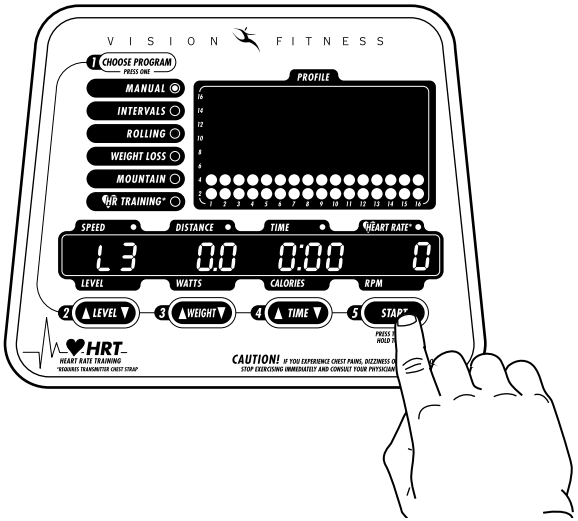
X6200HRT SETTING MPH & KPH

Your *X6200HRT* Console arrives preset to display Miles. If you wish to display Kilometers, remove the Console from the Console Mast by removing the four mounting screws. Inside the mounting recess you will find a small switch; move this Kilometers/Miles Conversion Switch to the left to display Kilometers. Remount the Console to the Console Mast.



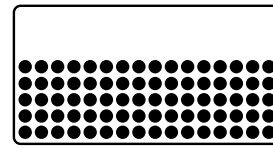
QUICK-START

Simply press the START button to begin exercising in the MANUAL Program.

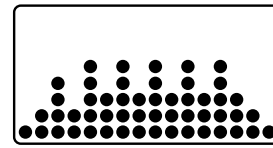


X6200HRT PROGRAM DETAILS

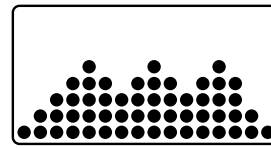
MANUAL Press START for Quick-Start or customize your workout. No default time.



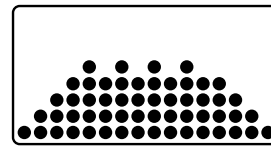
INTERVALS The Intervals Program alternates between periods of high effort and recovery. This program will help you increase your aerobic capacity so you can function at higher level of intensity. Time defaults to 24 minutes.



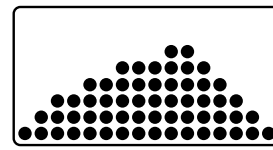
ROLLING The series of hills will lead to improved endurance and aerobic capacity. It is also a great calorie-burner. Time defaults to 32 minutes.



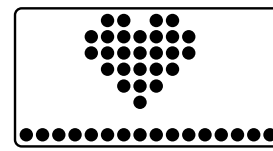
WEIGHT LOSS Promotes weight loss by keeping a consistent workload over an extended period of time. The small increases of intensity create additional calorie burn. Time defaults to 48 minutes.



MOUNTAIN The Mountain Program gradually increases resistance over time. This program is designed to strengthen your heart as well as the muscles you are working. Program defaults to 48 minutes.



HR TRAINING* Set your exercise Target Heart Rate and the computer will adjust the resistance according to your Heart Rate. This is a great program to optimize your exercise intensity. Time defaults to 32 minutes.



All programs have 16 levels of resistance. Low-end resistance begins at Level 1 and increases to the high-end resistance of 16.

X6200HRT
FEEDBACK DISPLAY

Use the SELECT button to change the readout of the feedback information. The SPEED, DISTANCE, TIME and HEART RATE feedback will be displayed. To view the LEVEL, WATTS, CALORIES, and RPMS feedback press the SELECT button. To scan through all feedback, press and hold the SELECT button for 3 seconds.

SPEED
Shown as Miles-per-Hour or Kilometers-per-Hour. View the current Speed.

DISTANCE
Shown as Miles or Kilometers. View Distance during workout.

TIME
Shown as Minutes:Seconds. View the Time remaining or the Time elapsed in your workout.

HEART RATE
Shown as Beats per Minute. You can monitor your Heart Rate at any time during a workout.

PROGRAM LEVEL
View the chosen Program Level. Indicates the difficulty of your workout, with L1 being the lowest workload and L16 the highest.

WATTS
A measurement of workload. May be used to evaluate and quantify your fitness progress over time.

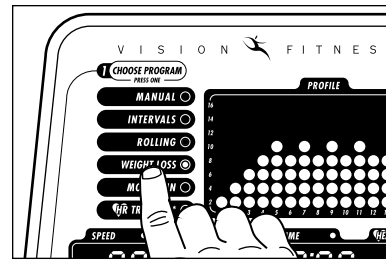
CALORIES
Shown as estimated total Calories burned during workout.

RPM
Shown as Revolutions-per-Minute.

FINISHING
When your work-out is complete the Display windows will begin flashing your workout information, allowing you to record it in your personal logbook.

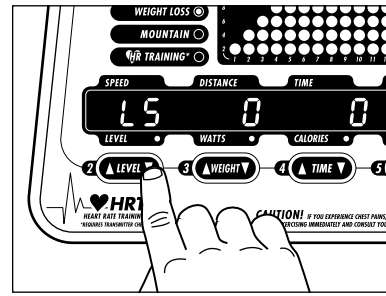
CHOOSING A PROGRAM

If you do not choose a Program, the console will default to the MANUAL Program. If you wish to choose another Program, simply press one of the other Program buttons.



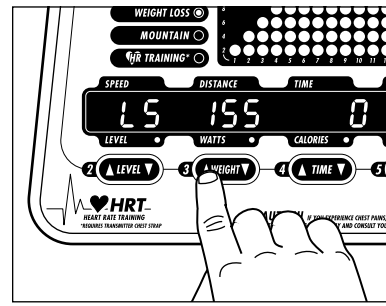
CHOOSING A LEVEL

After you have chosen a Program, the Level will default to L6 and then flash. You may use this default Level or choose another by using the LEVEL ▲ or ▼ button; L1 provides the least resistance, L16 the most.



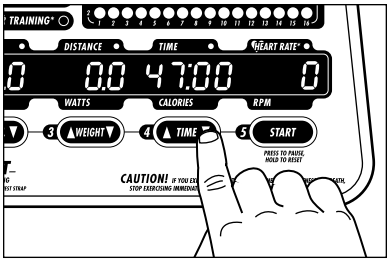
CHOOSING WIEGHT

A weight of 150 pounds or 75 kilograms will be displayed in the WATTS window. To adjust this weight, press the WEIGHT ▲ or ▼ button until you reach your desired weight.



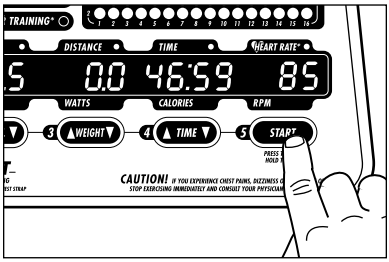
CHOOSING A TIME

To set exercise time press the TIME ▲ or ▼ button until the desired time is displayed.



STARTING

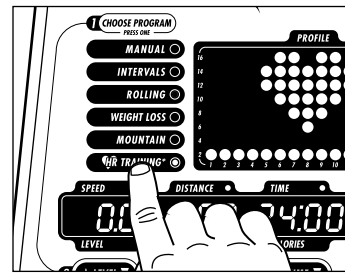
When you are ready to begin exercising press START.



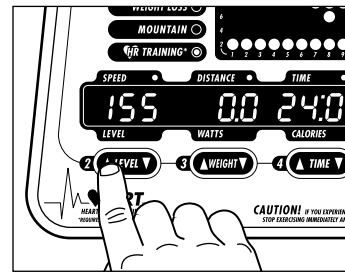
USING YOUR BIKE'S HRT PROGRAM

Use the chart on Page 19 to determine your Target Heart Rate, then follow the instructions to place the wireless transmitter on your chest.

Choose the Heart Rate Program by pressing the ♥HR TRAINING button.

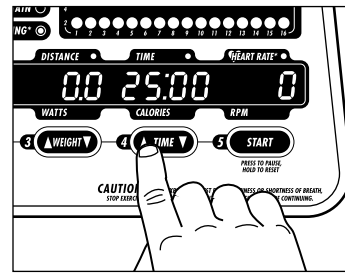


Using the LEVEL ▲ or ▼ button, select your Target Heart Rate, visible in the LEVEL window.



Using the TIME ▲ or ▼ button, select your Time, or you may use the default time of 24 Minutes.

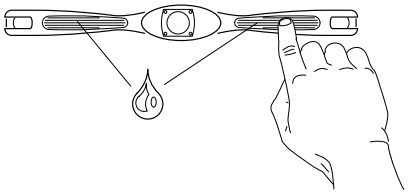
When you are ready to begin exercising press START.



The first three segments in the program will be a warm-up period that will start at Level 1. You can adjust the warm-up to your desired intensity. Beginning in the fourth segment the program will begin to adjust resistance until you are within +/-5 beats-per-minute of your Target Heart Rate. During the final two segments you will begin your cool-down at 50% of your ending resistance level. You can adjust the resistance to your desired cool-down level.

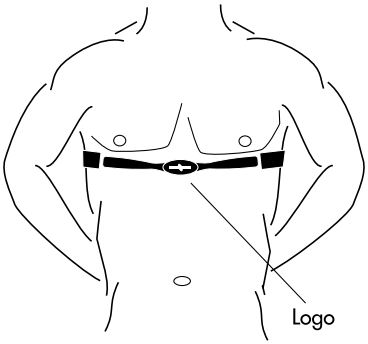
WIRELESS CHEST TRANSMITTER

Prior to wearing the Strap on your chest, moisten the two rubber contact pads with several drops of water and spread about with your fingers.



TRANSMITTER STRAP PLACEMENT

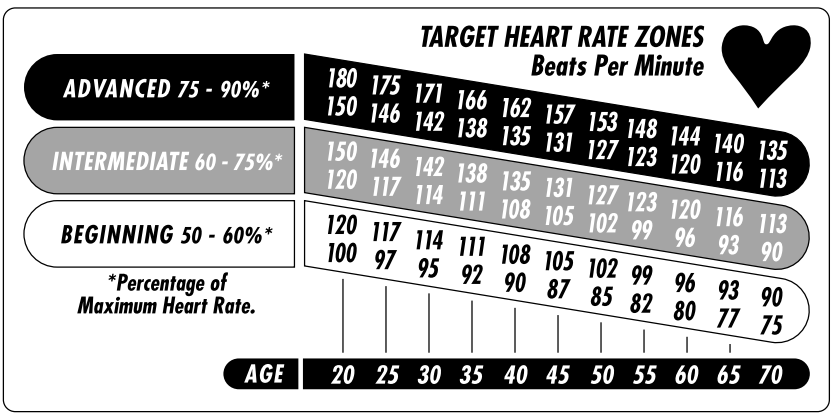
Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the VISION FITNESS logo facing out. Adjust the elastic strap length to avoid bouncing or sliding.



TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Rate will very for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 50 - 90% of the predicted maximum heart rate for most healthy adults. A guideline for Target Heart Rate follows:

50 - 60%	Beginning Exercisers or Health Concerns
60 - 75%	General Fitness or Weight Loss
75 - 90%	Improve Aerobic Capacity or Athletic Performance



TROUBLESHOOTING YOUR ELLIPTICAL TRAINER

Our Elliptical Trainers are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

PROBLEM: The Elliptical Trainer appears to work but there is no resistance change.
SOLUTION: The magnetic brake assembly is not working properly; please contact your retailer.

PROBLEM: The Elliptical Trainer makes a squeaking or creaking noise.
SOLUTION: Check and tighten all the bolts on the Elliptical Trainer.
SOLUTION: Clean the track and the roller wheels with a cloth and a mild cleaning detergent. It may also be helpful to spread a thin layer of silicone over the track

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your retailer.

TROUBLESHOOTING YOUR HEART RATE MONITOR CHEST STRAP

PROBLEM: No pulse reading appears.
SOLUTION: There may be a poor connection between the contact pads and skin. Remoisten the electrodes.
SOLUTION: Transmitter is not properly positioned. Reposition the chest strap.
SOLUTION: Verify that the distance between transmitter and receiver is not beyond the recommended range of 36 inches.

PROBLEM: There is an erratic pulse rate.
SOLUTION: Chest strap is too loose; readjust according to directions.

NOTE: It is possible that heart rate monitors will not function properly on some people due to a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, etc. are also a major source of problems for heart rate monitors.

COMMON ELLIPTICAL TRAINER QUESTIONS

Q: Are the sounds my Elliptical Trainer make normal?
A: Our Elliptical Trainers are some of the quietest available because they use belt drives and magnetic resistance. We use the highest grade European bearings and top quality belts to minimize noise. However, because the resistance system itself is so quiet, you will occasionally hear some slight mechanical noises from the drive train. Unlike older, louder technologies, there are no fans, friction belts, or alternator noises to mask these sounds on our Elliptical Trainers. These mechanical noises, which may or may not be intermittent, are normal and are caused by the transfer of significant amounts of energy to a rapidly spinning flywheel. All bearings, belts and other rotating parts will generate some noise which will transmit through the casing and frame. It is also normal for these sounds to change slightly during a workout, and over time, because of thermal expansion of the parts. Keep in mind that while you work-out you're sometimes exerting the equivalent mechanical energy of a washing machine or dryer!

Q: Why is the Elliptical Trainer I had delivered louder than the one at the store?
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. Also, there will be less reverberation on a carpeted concrete floor than on a wood overlay floor. Sometimes a heavy rubber mat will help reduce reverberation through the floor. And finally, if a fitness product is placed close to a wall, there will more reflected noise.

Q: When should I be worried about a noise?
A: As long as the sounds your Elliptical Trainer makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your Elliptical Trainer is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

Q: What kind of routine maintenance is required?
A: We use sealed bearings throughout our Elliptical Trainers so lubrication is not needed. The most important maintenance step is to simply wipe your perspiration off the Elliptical Trainer after each use.

Q: Will the magnets wear out over time?
A: No, we use permanent magnets that will retain their braking force indefinitely in this application. One of the big advantages of a magnetic brake is its long life since there is no physical contact between the flywheel and the magnet surface.

Q: How long will the drive belt last?
A: The computer modeling we had done indicated virtually thousands of maintenance-free hours. Belts are now used in far more demanding applications such as motorcycle drives.

LIMITED HOME USE WARRANTY

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

ECB-PLUS™ BRAKE - LIFETIME VISION FITNESS warrants the ECB-PLUS™ Magnetic Brake against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner. Only the Brake and Magnet assembly, and no other ancillary components or parts, are covered by this lifetime warranty

ELECTRONICS & PARTS - TWO YEARS VISION FITNESS warrants the Electronic components and all original Parts (other than the ECB-PLUS™ Magnetic Brake) against defects in workmanship and materials for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED HOME USE WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer who sold the Product, and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, ECB-PLUS™ Magnetic Brake, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com.** Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Elliptical Trainer. Thank you for selecting a VISION FITNESS product.

LIMITED CORPORATE WARRANTY

Up to 3 hours use per day

COMMERCIAL USES DEFINED VISION FITNESS warrants model *X6200HRT* for use in light commercial facilities including: Hotels, Resorts, Police & Fire Stations, Apartment Complexes, Corporate Fitness Centers, Hospitals, Rehabilitation and Sports Medicine Clinics, where average use is up to three hours per day. Not warranted for private Health Clubs, YMCA's or Schools.

FRAME, ECB-PLUS™ BRAKE, ELECTRONICS & PARTS - ONE YEAR VISION FITNESS warrants the Frame, ECB-PLUS™ Magnetic Brake, Electronic components and all original Parts against defects in workmanship and materials for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer who sold the Product, and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

LIMITED CORPORATE WARRANTY (continued)

Up to 3 hours use per day

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, ECB-PLUS™ Magnetic Brake, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com**. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Elliptical Trainer. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

WARM UP

When you exercise you need more oxygen to fuel your muscles. This oxygen is carried to the muscles through blood. The increasing demands of exercise will cause increased breathing rate, heart rate, blood flow and blood temperature. As your blood temperature rises and more oxygen is released, the temperature of your muscles will increase. This allows the muscles to burn calories and create energy for exercise.

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during your workout. There is no set intensity to warm-up with. A typical warm-up will produce a small amount of perspiration, but not leave you feeling fatigued. Intensity and fitness level will affect the duration of your warm-up, but 5 to 10 minutes is usually recommended.

A gradual warm-up will do the following:

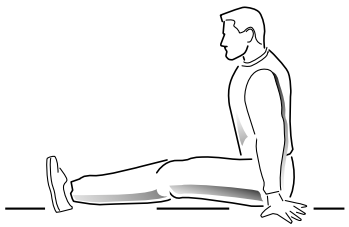
- Produce faster more forceful muscle contractions
- Increase your metabolic rate so oxygen is delivered to the working muscles more quickly
- Leads to efficient calorie burning by increasing your core body temperature
- Prevent injuries by improving the elasticity of your muscles
- Allow you to work out comfortably longer because your energy systems are able to exercise, preventing the buildup of lactic acid in the blood.
- Improves joint range of motion
- Psychologically prepares you for higher intensities by increasing your arousal and focus on exercise

FLEXIBILITY

Before stretching, take a few minutes to warm-up as stretching a cold muscle can cause injury. When stretching you should start slowly, exhaling as you gently stretch the muscle. Try to hold each stretch for at least 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch is more effective and less of a risk for injury. Don't strain or push a muscle too far. If a stretch hurts, ease up.

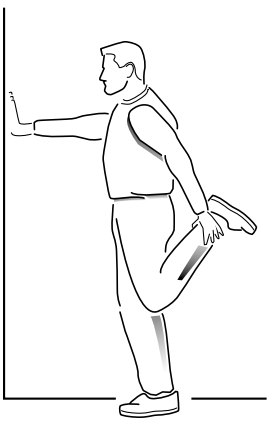
SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes exhaling as you go. Hold the stretch for 15 to 30 seconds. Return to the start position and repeat the stretch as necessary.



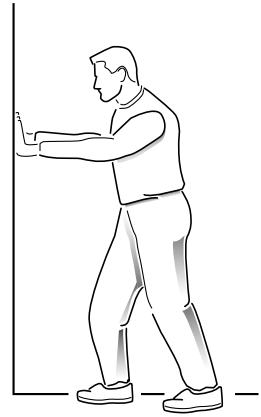
STANDING QUADRICEPS STRETCH

Using a wall or your Bike to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing to the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg and continue to alternate for amount of desired repetitions.



STANDING CALF STRETCH

Standing about 3 feet from a wall, take one step forward with your left foot. Place your hands on the wall in front of you. Your elbows slightly bent, shoulders, hips, and feet are pointed directly towards the wall. Bend your left leg slowly using the movement to control the amount of stretch in the right calf. Your heels should stay on the ground. Slowly bring yourself back to the starting position and switch legs. Alternate for the amount of desired repetitions.



EXERCISE GUIDELINES

The American College of Sports Medicine (A.C.S.M.) recommends the following exercise guidelines, for healthy aerobic activity:

Frequency: Exercise 3 to 5 days each week.

Warm-up: Warm-up 5 to 10 minutes before aerobic activity.

Duration: Maintain your exercise intensity for 20 to 60 minutes.

Cool Down: Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.

NOTE: If weight loss is major goal, participate in your aerobic activity at least 30 minutes for five or more days each week.

EXERCISE INTENSITY

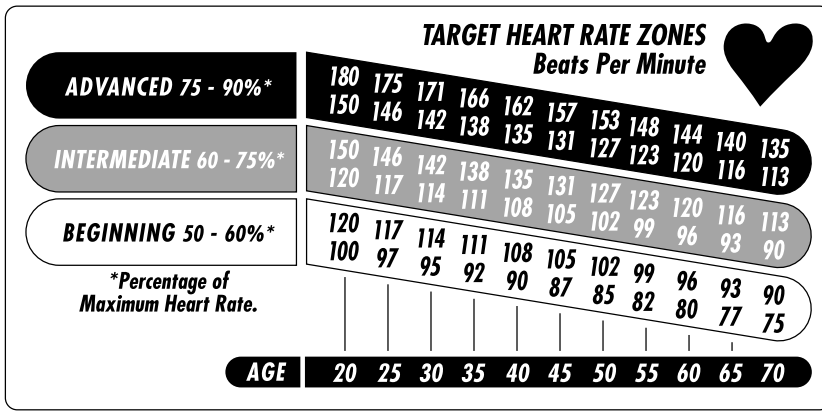
To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The three ways to monitor exercise intensity are Target Heart Rate, Perceived Exertion, and the Talk Test.

TARGET HEART RATE

Target Heart Rate is a percentage of your maximum heart rate. Target Rate will very for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 50 - 90% of the predicted maximum heart rate for most healthy adults. A guideline for Target Heart Rate follows:

50 - 60%	Beginning Exercisers or Health Concerns
60 - 75%	General Fitness or Weight Loss
75 - 90%	Improve Aerobic Capacity or Athletic Performance

Use the chart below to determine your Target Heart Rate.



RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (R.P.E.) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently RPE can be used alone or together with heart rate when monitoring exercise intensity.

RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	very strong
8	
9	
10	Very, very, strong

Maximal

The recommended RPE range for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace; it is dependent on the feelings caused by the exertion.

TALK TEST

The "Talk Test" is a quick and simple check of exercise intensity. If you have trouble completing a sentence, you are working to hard. You should be able to speak freely without gasping for air.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your VISION FITNESS Product to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss & Maintenance
- Improve Body Shape & Tone
- Increase Energy Level
- Improve Cycling/Cross Sports Performance
- Improve Cardiovascular Endurance
- Stress Reduction
- Improve Sleep Patterns
- Improve muscular strength

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your VISION FITNESS Product console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time.

KEEPING AN EXERCISE DAIRY

Photocopy the weekly and annual log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals					

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals		

Reward

it all starts with a

vision

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